

The desire to connect with alumni and their families has been heavy on my heart and mind over the last week. The recent increase of restrictions on social gatherings and meetings, while helping stop the spread of COVID-19, poses a unique set of challenges for recovering families.

**We must be responsible and practice social isolation, but we do not have the luxury to disconnect.** The disease of addiction loves isolation and we must be diligent and hold each other accountable to maintain regular and consistent communication. I am challenging you to take care of yourselves and continue to think about others.

Reach out to those who you know or anticipate might be struggling, especially people in your network who are new in recovery or rebounding from a relapse. Then reach out to people who can also support you during this time so that you have opportunities to talk about how you are doing.

**Consider these options as well:**

- Use a free resource such as [FreeConferenceCall.com](https://www.freeconferencecall.com) or [Webex.com](https://www.webex.com) to gather members from your home group into a meeting
- **Joining an existing online meeting** - there are thousands available
- **Pick up the phone and calling me or your Alumni and Family Coordinator** - we are always here for you
- **Call your sponsor and sponsees daily** - we can't keep it if we don't give it away
- **Facetime with someone in your recovery network** - technology is our friend right now

As you know, campus visits, all in-person Caron events, meetings, fellowship groups and support groups have been suspended or postponed and we will continually assess and communicate any updates as we go.

However, It's vitally important for you to keep these relationships alive and flourishing. The opposite of addiction is not abstinence; it's **connection. And all we have is a daily reprieve.**

In a lot of ways, people in recovery are uniquely equipped to manage crisis situations. We have a toolbox full of tools from treatment and beyond:

- We have coping skills.
- We have support systems.
- We've dug deep into our hearts and minds to understand our true selves on a deeper level.
- We know our triggers and our stumbling blocks.
- And – perhaps most importantly - we've been through much worse.

Amid the evolving health situation, I encourage you to use this time for your personal development. You'll be uncomfortable – I know that I am. But if we're not uncomfortable, we're not growing. Let's use this slow-down period as a chance to take care of ourselves and others.

And finally - if you're not ok, we're here to help. Our Alumni and Family Coordinators are only a phone call or email away; **and if you or someone you know needs immediate assistance, call our Admissions line at 800-678-2332.** This line is open 24 hours per day and staffed with caring, trained Caron specialists, not computers or outsourced labor.

I'm sharing a list of resources below I hope you find valuable – everything from reading suggestions to online groups to who to call if you need help. I look forward to connecting with many of you virtually over the next few weeks!

**Amy Durham**  
Corporate Director, Alumni Relations

## Resources for Alumni, Families, and Friends

### WHO TO CONTACT IF YOU NEED HELP

**Caron's Admissions Line**

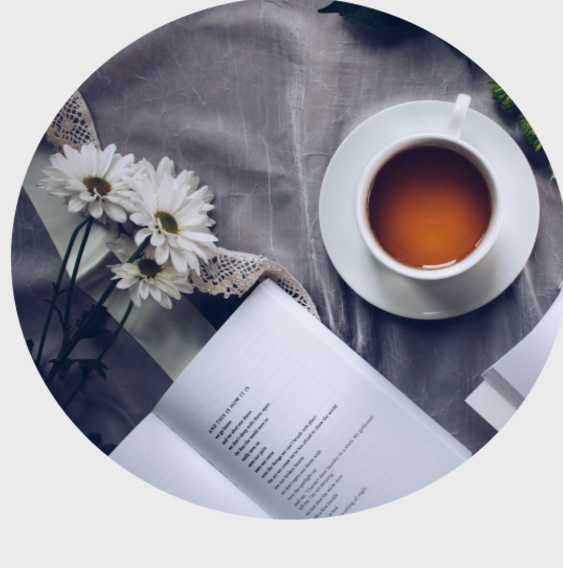
*(Open 24 Hours)*

**800-678-2332**

**Caron's Alumni Coordinator Team**

*(Email and Phone)*

[Click Here to View Info](#)



### WHAT TO READ

- Caron's Daily Text: [Click here for instructions](#)
- Recovery-related literature
- Treatment work from your time at Caron
- [Caron's weekly blog](#)
- Scriptures or spiritual texts

### WHAT TO DO (RIGHT NOW)

- Go for a walk
- Pray and meditate
- Listen to soothing or vibrational music
- Make a daily gratitude list
- Practice 15 minutes of Yoga
- Call or email your Alumni Coordinator



### WHAT TO DO (OVER THE NEXT FEW WEEKS)

- Try a new workout program
- Research new recipes you can cook at home
- Clean out your car or your closet
- Paint (your walls or a canvas, your choice!)
- Clear out the winter rubbish from your lawn or garden
- Choose a new book to read

### WHAT TO LIMIT

- Watching the news obsessively
- Constant social media scrolling
- Spending time alone



### HOW YOU CAN HELP OTHERS

- Check in with elderly neighbors or family members
- Call someone you were in treatment with to see how they are doing
- Buy essential items sensibly
- Spread positivity on your social media accounts

## ADDITIONAL RESOURCES AND MEDIA

[AA Online Meetings Directory - Click Here](#)

### Speaker Tape Websites

[AA Speaker](#)

[HACOAA](#)

[Recovery Audio](#)

### Big Book Ultimate Companion

[Google Play](#)

[App Store](#)

### Speaker Tape Apps

#### AA Audio Companion

[Google Play](#)

[App Store](#)

#### AA Speaker Tapes & 12 Steps

[App Store](#)

#### AA Speakers

[Google Play \(free\)](#)

[App Store \(\\$1.99\)](#)

#### Daily Bread

[App Store](#)

[www.caron.org](http://www.caron.org) | 800-678-2332

Share this email:



Manage your preferences | [Opt out](#) using TrueRemove®  
Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

PO Box 150  
Wernersville, PA | 19565 United States

This email was sent to .  
To continue receiving our emails, add us to your address book.

emma

[Subscribe](#) to our email list.